AMENDMENTS TO THE CLAIMS

1. Cancelled.

2. Cancelled.

3. Cancelled.

4. Cancelled.

5. Cancelled.

6. Cancelled.

7. Cancelled.

8. Cancelled.

9. (Currently Amended) ~~In an~~ An adjustable stationary exercise bicycle having a frame ~~including a cross bar, the frame supporting and attached to a seat, handlebars~~ and a ~~working~~ wheel, ~~also having pedals rotatably attached to the frame and operatively connected to the working wheel, the improvement~~ comprising:

(a) an adjustable friction piece mechanically in contact with said working wheel; and

~~(c)~~ (b) a tensioning and quick-brake and brake disengagement assembly ~~means~~ comprising:

(1) a friction adjusting shaft having a threaded portion with an upper end slidably connected to said frame and a lower end in contact with said friction piece;

(2) a ~~friction tightening~~ nut adapted to receive the threaded portion of said friction adjusting shaft wherein said nut may slide up and down within said frame with said friction adjusting shaft but will not rotate;

~~(3) a perimeter around said tightening nut to prevent the rotation of said nut;~~

~~(4)~~ (3) a flange located within said frame above said nut; and

~~(5)~~ (4) a friction adjusting spring located around said friction adjusting shaft and between said nut and flange, wherein said nut and spring allow said spring ~~nut~~ to be ~~tightened~~ compressed to apply braking force and with a sufficient residual resiliency remaining that permits the friction adjusting shaft to be pulled upwardly to disengage the braking effect on the wheel.

10. (Currently Amended) ~~In an~~ An adjustable exercise bicycle having a frame, said frame supporting and attached to a seat, handlebars and a flywheel, ~~also having pedals rotatably attached to said frame and operatively connected to said flywheel, and an adjustable friction piece mechanically in contact with said flywheel, the improvement~~ comprising:
a vertical ~~handlebar~~ adjustment mechanism for at least one of the seat and handlebars having a support slidingly received in said frame, comprising:

~~(a) a handlebar attached to the top of a handlebar support, said handlebar support slidably located in a bicycle front support;~~

~~(b) a threaded spacer attached to said bicycle front support at an adjusting hole;~~

~~(c)~~ a tightening assembly for said at least one of the seat and handlebars, said tightening assembly including a tightening pill, said pill having an upper head flange

and a lower pill shaft, said pill adapted to be used within an adjusting hole provided in the frame ~~inserted inside said threaded spacer~~, wherein said flange prohibits said pill from going through said adjusting hole; and

a force applying mechanism attached to the frame to apply a force to the tightening pill to lock the support at a desired position within the frame

~~(d) a quick release lever having a handle and a threaded shaft, wherein said threaded shaft is adapted to be threadedly inserted into said spacer;~~

~~wherein said handle bar support may be adjustably secured inside of said bicycle front support by said lever and tightening pill~~.

Please add the following new claims:

11. (New) A braking system for a stationary exercise bicycle operable to apply rotational resistance to a wheel rotatably mounted to a frame comprising:

a brake pad engageable against a rotatable wheel to provide rotational resistance there against, and

an adjustment mechanism operable to vary contact pressure of said brake pad against said wheel, said adjustment mechanism having a force transmitting member displaceable relative to the frame, and a biasing member operatively engaged with the force transmitting member and being elastically deformable by displacing said force transmitting member against a biasing force thereof when compressed, the force transmitting member being movable toward the brake pad to apply additional contact pressure between the brake pad and the wheel, and away from the brake pad by further compressing the biasing member to thereby temporarily reduce the contact pressure between the brake pad and the wheel.

12 (New) The braking system of claim 11, wherein said biasing member is disposed between a first reaction surface immobile relative to the frame and a second reaction surface disposed to transmit force from said biasing member to said force transmitting member.

13 (New) The braking system of claim 12, wherein said second reaction surface is defined on a reaction member displaceable with said force transmitting member.

14. (New) The braking system of claim 13, wherein said force transmitting member is a shaft and said reaction member is a nut threadably engaged thereto, said nut being rotationally captive relative to said frame and displaceable along said shaft in response to rotation thereof within said nut, such that force exerted by said shaft against said brake pad is variable by rotating said shaft to control contact pressure of said brake pad on said wheel and therefore rotational resistance against said wheel.

15. (New) The braking system of claim 14, wherein said first reaction surface is defined on a lower portion of a hollow tube fixed to said frame and extending there through, said shaft being received within said hollow tube.

16. (New) The braking system of claim 14, wherein said shaft is operable to transmit force there through toward said brake pad along a longitudinal axis of said shaft in response to inward pressure applied by the user to said actuating member, thereby temporarily applying additional brake pad contact pressure to said wheel to at least slow rotation thereof.

17. (New) The braking system of claim 11, wherein said biasing member provides a substantially linear resistance when subjected to elastic deformation.

18. (New) The exercise bicycle as defined in claim 11, wherein a gap is defined between said biasing member and said force transmitting member throughout a range of elastic deformation of said biasing member.

19. (New) A biasing mechanism for use with a friction pad and a flywheel of an exercise bicycle, comprising a force transmitting member operatively linked to the friction pad

and displaceable for adjusting contact pressure of the friction pad against the flywheel, and a biasing member normally urging the force transmitting member toward the friction pad, the biasing member being elastically deformable away from a rest position thereof by displacing the force transmitting member away from the flywheel to reduce contact pressure between the friction pad and the flywheel.

20. (New) The biasing mechanism as defined in claim 19, wherein said biasing member is disposed between a first reaction surface adapted to be immobile relative to a frame of the exercise bicycle and a second reaction surface disposed to transmit force from said biasing member to said force transmitting member.

21. (New) The biasing mechanism as defined in claim 20, wherein said second reaction surface is defined on a force adjustment member displaceable with the force transmitting member.

22. (New) The biasing mechanism as defined in claim 21, wherein said force transmitting member is a shaft and said force adjustment member is a nut threadably engaged thereto between the friction pad and the first reaction surface.

23. (New) The biasing mechanism as defined in claim 22, wherein said biasing member is a compression spring disposed about the shaft between the first reaction surface and the nut.

24. (New) The biasing mechanism as defined in claim 19, wherein said biasing member provides a substantially linear resistance when subjected to elastic deformation.

25. (New) The biasing mechanism as defined in claim 19, wherein a gap is defined between said biasing member and said force transmitting member throughout a range of elastic deformation of said biasing member.

26. (New) A tensioning mechanism for use with a friction brake and a flywheel of an exercise bicycle comprising:

a rod acting on the friction brake;

a member permitting adjustment of a force between the flywheel and the friction brake by the positioning of said rod; and

a biasing member urging the rod towards friction brake, the biasing member being elastically deformable away from a rest position thereof to permit the rod to be temporarily moved away from the flywheel such that contact pressure between the friction brake and the flywheel is at least reduced.

27. (New) The tensioning mechanism as defined in claim 26, wherein the member is disposed on a lower end of the rod near the friction brake and the biasing member is provided on the rod above the member.

28. (New) The tensioning mechanism as defined in claim 27, wherein the member is a nut threadably engaged to the rod.

29. (New) The tensioning mechanism as defined in claim 26, wherein the biasing member comprises a spring.

30. (New) The tensioning mechanism as defined in claim 26, wherein a gap is defined between the biasing member and the rod throughout a range of elastic deformation of the biasing member.

31. (New) An adjustable exercise bicycle comprising:

a frame including a rotatably mounted wheel;

a friction member engageable in friction contact with the wheel; and

a tensioning mechanism acting on the friction member for applying variable restraining forces to said wheel, said tensioning mechanism including a biasing member positioned to permit the tensioning mechanism to be displaced away from the flywheel to release force on said friction member.

32. (New) A tensioning mechanism for use with a braking force applying friction pad and a flywheel of an exercise bicycle comprising:

a rod;

a member permitting adjustment of a force between the flywheel and the friction pad by the positioning of said rod above the member; and

a resilient element provided on the rod above the member to permit the force to be applied onto the flywheel and to permit at least a portion of the force on the flywheel to be released.

33. (New) The tensioning mechanism as in claim 32 wherein said rod is threaded and said member comprises a nut threaded thereon.

34. (New) The tensioning mechanism as in claim 33 wherein the resilient element comprises an elastic member.

35. (New) The tensioning member as in claim 34 wherein the elastic member comprises a spring.

36. (New) The tensioning member as in claim 32 wherein the resilient member permits the rod to be pulled to release the force on the flywheel.

37. (New) A tensioning mechanism for use with a friction pad and a flywheel of an exercise bicycle comprising;

a rod;

a member permitting adjustment of a force between the flywheel and the friction pad by the positioning of said rod; and

a resilient element provided on the rod above the member.

38. (New) An adjustable exercise bicycle comprising:

a frame including a rotatably mounted flywheel;

a friction pad positioned above said flywheel;

a tensioning assembly mounted on said frame to apply force onto said friction pad, said tensioning assembly including a resilient member positioned to permit the tensioning assembly to be moved to release force on said friction pad.

39. (New) An adjustable exercise bicycle comprising:

a frame including front and rear supports, said frame supporting an adjustable seat and an adjustable handlebar, said adjustable handlebar being attached to a handlebar support and said seat being attached to a seat support, said handlebar support being slidably located in said front support and said seat support being slidably located in said rear support,

a threaded spacer attached to each of said front and rear supports and an adjusting hole provided in each

a tightening pill adapted to be inserted inside the threaded spacer, a flange member being engageable with said tightening pill to prevent the pill from going through the adjusting hole, and

a threaded shaft adapted to be threadedly inserted into said spacer, wherein the handlebar support and said seat support may be adjustably secured to the frame by the threaded shaft and the tightening pill.

40. (New) An adjustable exercise bicycle comprising:

a frame including front and rear supports, said frame supporting an adjustable seat and an adjustable handlebar, said adjustable handlebar being attached to a handlebar support and said seat being attached to a seat support, said handlebar support being slidably located in said front support and said seat support being slidably located

in said rear support, said adjustable handlebar including a first mounting member, said handlebar support including a second mounting member with said first and second mounting members being in sliding contact, said first mounting member having an interior surface that is defined by an upper flat portion and a pair of adjacent, downwardly angled beveled surfaces, said second mounting member having an upper, outer surface defined by an upper flat portion and a pair of adjacent, upwardly angled beveled surfaces, so that the sliding contact is defined by contact between the pair of adjacent, downwardly angled beveled surfaces and the upwardly angled beveled surfaces, and means to adjustably retain the first mounting member on the second mounting member.